



# NEWS RELEASE

## TOWN OF VIENNA

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FOR IMMEDIATE RELEASE

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### **PERSONAL SAFETY CLASS FOR WOMEN**

Vienna, VA- The Vienna Police Department will offer sessions of the women's self-defense class, R.A.D. (Rape Aggression Defense), for ages 14 and older on Tuesdays and Thursdays, May 20, 22, 27 and 29 from 7 to 10 p.m. at the Navy Federal Credit Union's training center, 820 Follin Lane SE.

Classes take place throughout the year with the exception of the winter months. Each three-hour session involves classroom and hands-on training in personal safety. Within this safe and controlled environment, role playing can be conducted to help develop skills.

The program is designed for the average woman with no previous experience or background in physical skills training. Escape and response techniques are demonstrated in practical scenarios as well as ways to reduce the risk of becoming a victim. For more information on the program, visit [www.viennava.gov](http://www.viennava.gov).

Registration is required; no walk-ins are permitted. There is a \$15 materials fee due on the first night of class. To register, complete the registration form online at [www.viennava.gov/index.aspx?nid=196](http://www.viennava.gov/index.aspx?nid=196) or contact, MPO Gary Lose, (703) 255-6396.

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